

SEPTEMBER/OCTOBER 2011

SENIOR SPOTLIGHT

Westminster Senior Center

8200 Westminster Blvd. Westminster, CA 92683

(714) 895-2878

www.ci.westminster-ca.gov

FALL CLASSES BEGIN!



Balance & Mobility

Dance Aerobics

Low Impact Aerobics

Stretch & Flex

Adult Fitness

Longevity Stick

Tai Chi

Computer

ESL

and much more!

HALLOWEEN PARTY

You are invited to attend our celebration

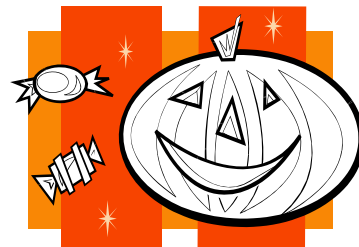
Monday, October 31st

Dining Room

Entertainment:

"Shaun Miller & Friends"

11:00 a.m.



Pre-registration is a must

Tickets: \$3.50 Donation

Westminster Senior Services Team

MAYOR & CITY COUNCIL

MAYOR
Margie L. Rice
(714) 548-3183

MAYOR PRO TEM
Tyler Diep
(714) 548-3179

COUNCIL MEMBER
Frank Fry
(714) 548-3181

COUNCIL MEMBER
Andy Quach
(714) 548-3182

COUNCIL MEMBER
Tri Ta
(714) 548-3179

DEPARTMENT LINE
(714) 548-3240

CITY MANAGER & COMMUNITY SERVICES

CITY MANAGER
Mitch Waller
(714) 548-3172

COMMUNITY SERVICES DIRECTOR
Diana Dobbert
(714) 895-2860



**The Senior Center Spotlight
is now available on the City Website:**

www.ci.westminster-ca.gov

Go to Departments, Community Services, Senior Services
or you can Google City of Westminster, CA Homepage

Senior Center Staff

(714) 895-2878

SENIOR SERVICES SUPERVISOR	Claire Hutchinson
NUTRITIONIST	Maribel Avilez
SECRETARY	Sherrie Machuga
RECEPTIONIST	Ivy Gimondo
CLERK TYPIST	Joy Williams
VAN DRIVERS	John Conrekas, Bertha Lara and Clarey Mercer
HEALTH CARE NURSE	Jane Herin
PROJECT S.H.U.E. DIRECTOR	
SENIOR CENTER INTERN	Amber Julian

Commission on Aging

COMMISSIONER Vince Agor	(714) 897-6252
COMMISSIONER Leonor Barajas	(714) 893-3708
COMMISSIONER Owen Eames	(714) 894-3129
COMMISSIONER Phil Hodgetts	(714) 847-4165
COMMISSIONER Leo Lopez	(714) 898-7358
COMMISSIONER Linh Nguyen	(714) 782-2902
COMMISSIONER Erwin Vysma	(714) 893-3659
ALTERNATE COMMISSIONER Ron Hamamura	(714) 531-8570
ALTERNATE COMMISSIONER Joan Germany	(714) 897-6873

The Commission on Aging serves as an advisory body on matters of interest and concern to senior members of the community. The Commissioners are appointed by the Westminster City Council.

Meetings are held the second Monday of every month at 10:00 a.m. in the City Council Chambers; all residents are welcomed and encouraged to attend.

From the Senior Center Supervisor

Summer is almost gone, the tourists are leaving, and the holidays are right around the corner. It is time to enjoy the lingering warmer temperatures and sunny skies while we still can.

I'm glad many of you were able to attend the "Concerts in the Park" as well as our "Annual Luau." These events made the summer months enjoyable.

In the upcoming months we have many exciting trips planned, including an overnight trip to the Fla-

mingo Hotel & Casino located on the strip in Las Vegas. We are also offering a variety of fun filled casino trips.

I would like to thank MD Care Healthplan for sponsoring the entertainment for our Luau. Also, thank you to Emeritus at Brookhurst for our Birthday Cakes.

As we look ahead to the Fall months and the holidays, we begin to plan our Fall Auction which benefits the Senior Center. Begin looking for new or nearly new items you would like to donate for this



Emergency Business & Telephone Numbers

Emergency Number	911
Police	(714) 893-3708
Fire	(714) 744-0400
Elder-Abuse	(800) 451-5155
City Hall	(714) 898-3311
OCTA (ACCESS Van)	(714) 560-5956
Chamber of Commerce	(714) 898-9648
Library	(714) 893-5057
Medi-Cal	(714) 841-7100
Social Security	(800) 772-1213
Ombudsman	(714) 479-0107
Office on Aging	(800) 510-2020
Information Help Line	211
Traffic Information	511

CELL PHONE HELP

Need some help figuring out how to program your cell phone?



Come on in!

Wednesday, September 28th
10:30 a.m.-11:45 a.m.

Dining Room

Students from Westminster High School will be here to answer your questions.

LOOKING AHEAD:

WESTMINSTER SENIOR CENTER
PROJECT S.H.U.E



♦ Project
S.H.U.E
begins
October 3rd

♦ See's Candies
Fundraiser
begins
October 10th



♦ Flu Shot Clinic
Wednesday,
November 9th

• Silent Auction
takes place
November
15th, 16th,
& 17th



SENIOR CENTER PROGRAMS

SENIOR SERV



Join us for a delicious meal! Lunch is served Monday through Thursday at 11:45 a.m. and every Friday at 11:30 a.m. We celebrate birthdays on the 4th Thursday of each month.

Cost:

The suggested donation is just \$2.50 for our senior participants 60 and over. The cost for individuals under 60 is \$3.50.

COMMODITIES



Commodities Program is held on the 2nd Wednesday of each month.

September:

Wednesday, September 14th

October:

Wednesday, October 12th

Hours:

8:00 a.m. - 11:00 a.m.
(or until food runs out)

Requirements:

You must live in Westminster and qualify as low income. Bring proper identification & plastic bag.



WESTMINSTER ON WHEELS

The City of Westminster has partnered with OCTA to provide transportation services to seniors, 62 years and older, residing in Westminster. The goal of the WOW Program is to assist seniors in remaining independent. The program operates Monday through Friday and reservations are required.



NUTRITION VAN

This program is for Westminster Seniors who need a ride to the Senior Center for the luncheon program. Once seniors are at the Senior Center they can hop on the Shuttle if they need to run errands.

SCHEDULE

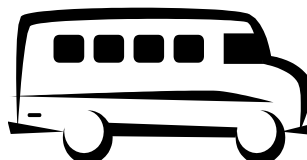
Monday through Friday

Morning Pick-Ups:

8:00 a.m. to 9:00 a.m.
from your home to the Senior Center.

Afternoon Returns:

12:30 p.m. & 2:30 p.m.
from the Senior Center to your home.



SHUTTLE

This program is for older adults who reside in Westminster. This is a group pick-up program that runs **Monday through Thursday** from

9:00 a.m. - 1:00 p.m. After picking up seniors from the Senior Center and from other group pick-up sites, the shuttle stops for the shopping time of 1 ½ hours at Albertson's, Westminster Mall, Wal-Mart, and Target.

NOTE:

NO

SHUTTLE SERVICE ON FRIDAYS

Please contact the Senior Center if you have any scheduling questions. Service is free but you must sign up.



WOW Questions?
Call John or Bertha
at

(714) 895-2878
ext. 3675

SENIOR CENTER ACTIVITIES

CLUBS & GROUPS



BRIDGE CLUB

meets Mondays and Thursdays at 12:15 p.m.



CHESS CLUB

meets Tuesdays and Thursdays at 7:30 a.m.



BUNCO meets on 2nd and 4th Wednesdays at 12:30 p.m.



CRAFT LADIES

meet on Thursdays at 9:00 a.m.



MAH JONGG

players meet on Mondays from 10:00 a.m.-12:00 noon.



DINNER GROUP

Meets the 3rd Wednesday of each month at a local restaurant.



POOL ROOM

is open five days a week and new players are welcome.



RED HAT SOCIETY

is a group of women who dress in purple and red. This group goes on trips, dinner, etc. Their main purpose is to have fun.



YARN SPINNERS

crochet and knit on Mondays & Fridays 9:00 a.m.- 11:30 a.m. on Wednesdays 9:00 a.m. 4:00 p.m.



NEEDLE WORK

meets Mondays at 9:00 a.m.



MEXICAN TRAIN DOMINOS

meet on the 1st and 3rd Wednesdays of each month at 12:00 Noon



SUDOKU

meets every Friday at 9:30 a.m.

BINGO

BINGO				
12	18	41	47	61
7	26	39	54	70
4	27	FREE 4785 SPACE	49	63
5	23	35	58	73
3	30	32	52	75

GAME TIMES:

Mondays &

Wednesdays

12:45 p.m. - 2:30 p.m.

Fridays

9:30 a.m. - 11:15 a.m.

Bingo is hosted in our dining room by volunteer callers. Bingo cards are 3 for a \$1.00 or 50¢ a piece.



Winners receive a Bingo Buck a game. You can

earn a \$10 Stater Bros. Gift Card for every 10 Bingo Bucks you earn. If you are interested in being a Bingo caller, please contact the front desk.

MOVIES

SEPTEMBER

September 2nd

"Country Strong"

Gwyneth Paltrow, Tim McGraw

2 hours

Rated PG-13 (2010);

Romance

September 9th

"The King and Four Queens"

Clark Gable, Jo Van Fleet

1 hour, 26 minutes

Not Rated (1956); Classic

Showing Fridays

at 9:15 a.m.

September 16th

"How Do You Know?"

Reese Witherspoon, Paul Rudd

2 hours

Rated PG-13 (2010); Romance

September 23rd

"True Grit"

Jeff Bridges, Hailee Steinfeld

1 hour, 50 minutes

Rated PG-13 (2010); Drama

September 30th

"Dinner For Shmucks"

Steve Carrell, Paul Rudd

2 hour, 24 minutes

Rated PG-13 (2010); Comedy

OCTOBER

October 7th

"Burlesque"

Cher,

Christina Aguilera

1 hour; 40 minutes

Rated PG-13 (2010)

Drama

October 14th

"River of No Return"

Robert Mitchum,

Marilyn Monroe

1 hour; 31 minutes

Not Rated (1954)

Classic

October 21st

"October Sky"

Jake Gyllenhaal,

Chris Cooper

1 hour; 48 minutes

Rated PG (1999)

Drama

October 26th

"Just Go With It"

Adam Sandler,

Jennifer Aniston

1 hour; 56 minutes

Rated PG-13(2011)

Comedy

SENIOR CENTER ACTIVITIES

SPECIAL EVENTS

Mardi Gras Dance

★ Wednesday,
September 14th



East/West Room
9:00 a.m.-11:30 a.m.

Entertainment:
Max Cadabona

Admission:
★ \$2.00
(Tickets at Front Desk)

Fun!
Music!
Dancing! ★

BIRTHDAY CELEBRATIONS

We'll supply the cake, balloons, and entertainment but the party will not start without YOU!



Dates:
Thursday,
September 22nd
&

Thursday,
October 27th

Time:
11:00 a.m.

Place:
Dining Room

Cost:
\$2.50
Entertainment included

Orange County Fire Authority

2 Talks in
October:

DATE #1:

WEDNESDAY
OCTOBER 5TH



TOPIC:
"FIRE SAFETY"

DATE #2:

WEDNESDAY
OCTOBER 26TH

TOPIC:
"EMERGENCY
PREPARED-
NESS"



BOTH TALKS TAKE PLACE
AT 10:00 A.M.
DINING ROOM

Dinner Group September 21st

Coco's

6886 Bolsa Ave.
Huntington
Beach



October 19th Islands

Bella Terra
7861 Edinger Ave.
Huntington
Beach

Sign Interest List at
Front Desk

Meet at restaurant
at 4:30 p.m.



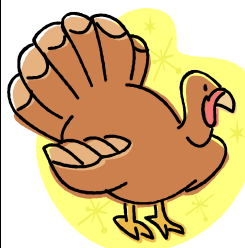
Drivers Needed

Volunteers are crucial to all the services that we provide at our friendly senior center. We are in

desperate need of drivers to deliver our Home Delivered Meals. This program helps homebound seniors who are unable to prepare their own food by providing home delivery of breakfast, lunch and dinner.

Please contact Maribel Avilez at:
(714) 895-2878 ext. 3678

Gobble, Gobble



Please join us for our
Thanksgiving Feast!

Date: Wednesday,
November 16th, 2011

Time: 11:00 a.m.

Place: Senior Center
Dining Room

Cost: \$3.50 Donation

Entertainment by:

Tony O'Dell Rogers



SENIOR CENTER SERVICES

ONGOING SERVICES



ATTORNEY

Elder Law attorney **Dennis Jensen** specializes in wills, trusts, estate planning and probate.

When:

3rd Tuesday of every month

Time:

10:00 a.m. - 12:00 noon
(by appointment only)



BLOOD PRESSURE

Certified Nurses offer free blood pressure checks.

When:

Every Thursday

Time:

9:00 a.m. - 11:00 a.m.



HICAP

(Health Insurance Counseling Advocacy Program)

Do you need counseling about Plan D, Medicare, HMO drug coverage? HICAP counselor Joel Benson is available for Medicare/MediCal counseling and information.

When:

2nd Monday of every month

Time:

10:00 a.m. - 12:00 noon
(by appointment only)



LEGAL AID

Paralegal **Laura Luu** provides legal advice and referrals.

When:

1st Friday of every month

Time:

10:00 a.m. - 12:00 noon
(by appointment only)



PODIATRIST

Dr. Nancy Hayata provides foot screening and consultation.

When:

1st Friday of every other month.

Time:

Appointments begin at 11:30 a.m. and last 10 minutes.



INFORMATION & REFERRAL

Front Desk staff is available to answer any inquiries concerning senior activities and services.

For further information on any of the listed services contact us at:

(714) 895-2878

*The
Bowers Museum
Docent Guild
presents:*

20th Century in Review

Join us for a decade-by-decade rumble seat ride down Memory Lane remembering music, automobiles, Route 66, fashion, telephones, radio, movies, television and the events that shaped our lives in the "good old days".

Date: Wednesday,

October 12th, 2011

Time: 10:00 a.m.

Place: Dining Room



Free Haircuts & Manicures

Offered by the

Asian American Beauty School

Date:

Tuesday, October 25th

Time: 10:00 a.m.-12:00 noon

(First come; first served)

SENIOR CENTER SERVICES

NURSE JANE HERIN



Nurse Jane Herin is a professionally trained public health R.N. that conducts basic health screenings by appointment on scheduled Wednesdays from 8:00 a.m. to 2:00 p.m. She also provides nutrition counseling, as well as lectures on such topics as arthritis, heart disease, and diabetes.

UPCOMING HEALTH TALKS

SEPTEMBER:

Wednesday,
September 7th

11:00 a.m.
Dining Room



Topic:
"Skin As We Age"

OCTOBER:

Wednesday,
October 5th

11:00 a.m.
Dining Room



Topic:
"Shots Aren't
Just For Kids"

SEPTEMBER HEALTH SERIES

"Living Healthy with a Chronic Condition"



Self-Management is the Key

Don't let fatigue, frustration, pain, sleep loss, depression or anxieties keep you from enjoying your life!

Developed by Stanford Patient Education Research Center

This FREE 6-week Course covers:

Nutrition & Physical Activity, Communication Skills, Relaxation Techniques, Medication Usage, Community Resources, Self-Management & the Individual, & Problem Solving.

Dates: Tuesdays, September 6th, 13th, 20th, 27th, & October 4th & 11th

Place: Room 5 Time: 9:00 a.m.-11:30 a.m.

Sign Interest List at Front Desk

DIABETES EDUCATION & SUPPORT GROUP

Wednesday, September 28th

12:30 p.m. in Room A

"Dementia &
Memory Problems"



Wednesday, October 19th

12:30 p.m. in Room A

"Neuropathy
& Diabetes"



Life Story Writing



Join this Life Story Writing group to get ideas, stimulation and inspiration from each other as we share our stories. Using cartoons, articles, proverbs, poems and historic new events will help us remember our own live experiences in discussion and writing.

All New Topics!

Previous and new members are welcome.

10-week program
Monday September 19th
thru

November 21st
12:30 p.m.-2:00 p.m.
Room 5

Sign Interest List at Front Desk or
call Facilitator Nancy Sink at
714-832-2888 for more info.

Unless otherwise noted, all health related presentations are given by: **Jane Herin, RN, PHN**

Sponsored by: Adult Public Health Nursing Services and the Orange County Health Care Agency

Information on Medi-Cal will be discussed.

UPCOMING EVENTS

HOSPICE 101 for the Uninformed

Wednesday, October 19th, 2011

10:00 a.m. Room 10

Come and learn what hospice is and how it can help.

Darlene Harris, RN will be providing valuable information about hospice care and support.

Sign up at front desk

HOW TO REDUCE YOUR UTILITY BILLS

Wednesday, September 21st
10:00 a.m. in the Dining Room

Find out how to qualify for the following utility discounts:

- Telephone: California Lifeline
- FREE specialized phones: Telephone Access Program
- Electric: CARE/FERA
- Water
- Natural Gas: CARE/Medical Baseline
- FREE energy efficiency services: LIEE

Learn how to avoid scams, where to report consumer complaints and more



Westminster Improving Neighborhoods Program

Join us for an informative presentation about the City of Westminster's Home Improvement Program which provides qualified city homeowners with grants for up to \$25,000 in eligible exterior improvements to their homes.



Date: Wednesday, September 7th, 2011

Time: 10:00 a.m.

Place: Dining Room

SAFETY DRIVING PROGRAM

This AARP sponsored refresher course for drivers is taught by a trained instructor. Class meets for 8 hours over a 2-day period, from 8:30 a.m. to 12:30 p.m.

The fee is \$12 per person for AARP members
\$14 per person for non-members

Classes will be held on the following dates:

**October 6th & 7th
December 1st & 2nd**



***Pre-registration and payment are required at Front Desk before class dates.**

SENIOR CENTER CLASSES

COASTLINE COMMUNITY COLLEGE

Beginning Adult Fitness

A mildly aerobic chair/standing exercise.

Day	Time	Instructor
Mon/Wed	12:30 p.m.- 1:30 p.m.	M. Masters

Adult Fitness

Day	Time	Instructor
Monday	10:00 a.m.- 12:00 noon	M. Masters
Wednesday	10:00 a.m.- 12:00 noon	M. Masters



Balance & Mobility

A preventive class for seniors at risk for falling; must meet entrance criteria, see Instructor.

Day	Time	Instructor
Mon/Wed	9:00 a.m.-10:00 a.m.	M. Masters

Coastline Community College classes are offered at no cost. For more information, call (714) 241-6184.

Pre-registration is advised. Fall 2011 Session begins August 29th and ends December 14th.

HUNTINGTON BEACH ADULT SCHOOL



Introduction to Dance Aerobics

Day	Time	Instructor
Monday	1:30 p.m.- 3:00 p.m.	J. Camarena

Dance Aerobics 2

Day	Time	Instructor
Thursday	9:00 a.m.- 10:30 a.m.	J. Camarena

Dance Aerobics 2/3

Day	Time	Instructor
Thursday	3:00 p.m.- 4:30 p.m.	J. Camarena

Dance Aerobics 3

Day	Time	Instructor
Thursday	10:30 a.m.- 12:00 p.m.	J. Camarena

Dance Aerobics 4

(Waiting List Only)

Day	Time	Instructor
Tues./Thurs.	12:45 p.m.- 2:30 p.m.	J. Camarena

Low Impact Aerobics 2

Day	Time	Instructor
Tuesday	10:45 a.m.- 11:45 a.m.	J. Camarena

Stretch & Flex

Day	Time	Instructor
Tuesday	9:30 a.m.- 10:30 a.m.	J. Camarena

ALL Huntington Beach Adult School classes are now Fee-Based. For more information, call (714) 901-8106 ext.4405.

Pre-Registration is advised. Fall 2011 Session begins September 1st and ends December 16th.

SENIOR CENTER

Beginning Computer Class

Applicants start by filling out forms at the Front Desk. Instructors will contact students with schedule info.

Day	Time	Instructor
Monday	1:00 p.m.- 3:30 p.m.	A. Spisak
Wednesday	9:00 a.m.- 11:30 p.m.	D. Davis

Intermediate Computer Class

Day	Time	Instructor
Monday	9:00 a.m.- 11:30 a.m.	K. Hillhouse

Longevity Stick

A Vietnamese form of exercise involving slow movement and stretching.

Day	Time	Instructor
Monday	9:00 a.m.- 10:00 a.m.	H. Uyehara
Thursday	9:00 a.m.- 10:00 a.m.	B. Kiehl

Tai Chi

Day	Time	Instructor
Friday	8:30 a.m.- 10:30 a.m.	L. Mo

* ALL CLASSES ARE HELD AT THE WESTMINSTER SENIOR CENTER *

SENIOR CENTER TRIPS

DAY TRIPS

GRIFFITH OBSERVATORY

W/LUNCH AT THE "SIZZLER"

Wednesday, September 7th, 2011

Depart: 10:30 a.m. Return: 5:00 p.m.

Cost: \$49.00



PECHANGA CASINO

Tuesday, September 20th, 2011

Depart: 8:00 a.m. Return: 5:00 p.m.

Cost: \$32.00 \$25 in Slot Play upon arrival

VIEJAS INDIAN CASINO

Wednesday, October 5th, 2011

Depart: 8:00 a.m. Return: 5:00 p.m.

Cost: \$15.00 Includes lunch at half-off & shopping

APPLE SEASON IN OAK GLEN

W/TOUR AT THE GRABER OLIVE HOUSE

Thursday, October 20th, 2011

Depart: 8:00 a.m. Return: 6:00 p.m.

Cost: \$56.00 Includes lunch & FREE apple pie!



SANTA YSABEL ADVENTURE

W/VISIT TO INDIAN MISSION & JULIAN PIE CO.

Wednesday, November 2nd, 2011

Enjoy a fun-filled day with a scenic drive through rolling hills to Santa Ysabel. Start off with a visit to the Santa Ysabel Indian Mission and then over to Julian Pie Company for lunch & a piece of pie! After lunch, a three hour visit to Santa Ysabel Indian Casino nestled in the hills overlooking Lake Henshaw before heading home.

Depart: 8:30 a.m. Return: 6:30 p.m.

Cost: \$47.00 \$25 in Slot Play upon arrival

PALA CASINO

Monday, November 21st, 2011

Depart: 8:00 a.m. Return: 5:00 p.m.

Cost: \$19.00

SAN MANUEL CASINO

Wednesday, January 11th, 2012

Depart: 8:00 a.m. Return: 4:00 p.m.

Cost: \$15.00 Includes \$10 in slot play OR food!



PALM SPRINGS CASINO HOP

Tuesday, February 28th, 2012

Depart: 8:00 a.m. Return: 6:00 p.m.

Cost: \$34.00

Gaming at "The Spa" & "Agua Caliente"



VIEJAS INDIAN CASINO

Tuesday, March 20th, 2012

Depart: 8:00 a.m. Return: 5:30 p.m.

Cost: \$15.00

"THE DROWSY CHAPERONE"

AT THE CANDLELIGHT PAVILION

Saturday, March 31st, 2012

This Broadway show pays tribute to the Jazz-age shows of the 1920s and begins when a die-hard musical-

theater fan plays his favorite cast album on his turntable, and the musical literally bursts to life in his living room, telling the rambunctious tale of a brazen Broadway starlet trying to find, and keep, her true love.

Depart: 9:45 a.m. Return: 4:30 p.m.

Cost: \$82.00 Includes lunch before the show!



OVERNIGHT TRIPS



LAUGHLIN at the RIVERSIDE

December 7th-9th, 2011

(Wednesday-Friday)

Christmas Dinner Party at the Hotel!

2 FREE Buffets, Laughlin Funbook includes three 2 for 1 meal coupons at local casinos, along with 2 for 1 drinks, appetizers, & much more!

Depart: 8:00 a.m.

Return: 6:00 p.m.

Cost: \$92 p/p double

\$112 single

WAITING LIST



FLAMINGO HOTEL & CASINO

February 7th-9th, 2012

(Tuesday-Thursday)

This Las Vegas package includes 3 days & 2 nights accommodations at "The Flamingo" Hotel & Casino located in the middle of the "strip." This is your chance to see all the new hotels and casinos on the Las Vegas strip!

Depart: 8:00 a.m.

Return: 6:00 p.m.

Cost: \$129 p/p double

\$174 single





Senior Lunch Sites – September 2011

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
Suggested Donation - \$2.50 Meal Cost for Under Age 60 - \$3.50			Baked Ham w/Apples and Yams Peas and Pearl Onions Wheat Roll Sliced Pears	Philly Cheese Steak w/Beef, Bell Peppers, Cheese on Hoagie Roll Three Way Salad w/Honey Sesame Dressing Potato Wedges Fresh Fruit
5	6	7	8	9
CLOSED  Labor Day	"Sunday" Brunch Cheese Omelet w/Salsa Potatoes O'Brien Fruited Muffin Ambrosia Grape Juice	Tortilla Soup w/Strips Chicken Fajitas w/Fajitas Vegetables Pinto Beans Flour Tortilla Fresh Fruit	Hawaiian Pork Steamed Rice Edamame Blend Veg Hawaiian Roll Tropical fruit Mix	Macaroni and Cheese California Blend Veg Garden Salad w/Ranch Wheat Roll Apple Crisp
12	13	14	15	16
Baked Ziti Tossed Green Salad w/Italian Dressing Breadstick Chunky Fruit Salad Orange Juice	Chicken Cacciatore Penne Pasta Green Beans Wheat Roll Mandarin Oranges	Farmer's Soup w/Crackers Tuna Salad Sandwich On Wheat Bread Mixed Green Salad w/Raspberry Vinaigrette Fresh Fruit	Hamburger On Wheat Bun w/Lettuce, Tomato & Onions Macaroni Salad Cucumber Salad Fruited Jello	Fish Vera Cruz Pinto Beans Mexicorn Salad Flour Tortilla Fresh Fruit
19	20	21	22	23
Minestrone Soup w/Crackers Spaghetti w/Meatballs Steamed Zucchini Sourdough Roll Chocolate Cake Apple Juice	Chinese Corn Soup w/Crackers Teriyaki Chicken Steamed Rice Oriental Blend Vegetables Fresh Fruit	Chile Relleno Casserole Garden Salad w/Ranch Pinto Beans Flour Tortilla Custard	Birthday Party Hearty Vegetable Soup w/Crackers Egg Salad Sandwich On Wheat Bread Spinach Salad w/Raspberry Vinaigrette Cake	Western Day BBQ Beef Corn Coleslaw On Hoagie Roll Watermelon 
26	27	28	29	30
Cheese Enchiladas Spanish Rice Pinto Beans Green Salad w/Ranch Dressing Fresh Fruit	Lentil Soup w/Crackers Roast Pork w/Apricot Glaze Capri Blend Vegetables Scalloped Potatoes Wheat Roll Assorted Pie Orange Juice	Tomato Soup w/Crackers Turkey Sandwich w/Lettuce & Tomato on Wheat Bread Carrot Raisin Salad Baked Chips Lemon Tart	Beef Pot Roast w/Gravy Mashed Potatoes Green Beans Wheat Roll Fresh Fruit Apple Juice	Breaded Fish w/Tartar Sauce Orzo Steamed Baby Carrots Wheat Roll Ice Cream & Fig Bar

All Meals comply with the Dietary Guidelines for Americans (DGA) 2005 & the Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Health and Human Services Agency & the U.S. Department of Agriculture. Community SeniorServ's Lunch Program may change the menu for reasons of quality control, price or vendor problems. This project is funded in part through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors.*Sugar free gelatins and water packed fruits are used throughout the menu to accommodate diabetics. 1% milk served daily. Has 1,000 mg or more of sodium. Low Cholesterol, 0% transfat buttery spread served with bread and rolls

PLEASE NOTE: Lunch is served every Friday at 11:30 a.m.